

ISDH Long Term Care
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National Public Health Week
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National Public Health Week - Final Day

NATIONAL PUBLIC HEALTH WEEK ENCOURAGES EMPOWERING A HEALTHY COMMUNITY

INDIANAPOLIS-National Public Health Week wraps up today with an important message to empower a healthy community. Individual health and community health go hand-in-hand. Where individuals have access to health tools, knowledge and opportunities, improved community health follows. A resilient, well-supported public health system provides these necessary resources.

"It's been a great National Public Health Week so far," said State Health Commissioner William VanNess, M.D. "Each of the daily themes were designed to help people understand exactly what public health is and its value. Nowhere is that value more evident than in the community setting, so today's theme of Empowering a Healthy Community is a great lesson to end the week."

There are many ways public health efforts positively affect Hoosiers, such as by providing access to fluoridated water, which can reduce tooth decay by up 25 percent, and protecting children and adults

from infectious diseases by making immunizations available.

Providing information and guidance about healthy eating, physical activity and injury prevention are key components of public health. Health and wellness initiatives are often driven by local health departments and other public health partners. These efforts are aimed at improving quality and length of life and reducing the burden of health care costs on society. For example, if 10 percent of adults began regularly walking, \$5.6 billion in heart disease costs could be averted. And a sustained 10 percent weight loss could reduce an overweight person's lifetime medical costs by up to \$5,300 by lowering the costs linked to hypertension, diabetes, heart disease, stroke and high cholesterol.

"It's amazing how far a little physical activity can go toward your overall health and wellness," said Dr. VanNess. "Adding a few small extra steps into your day by parking far away from an entrance or choosing the stairs over the elevator adds up. You can gradually work your way up to more challenging activities, like Zumba, swimming, yoga or running. Have fun with exercise."

Here are some ways to help your community become empowered:

- Join your Neighborhood Watch program.
- Inquire about volunteer opportunities at community health centers.
- Take part in national health observances, such as National HIV Testing Day, National Youth Violence Prevention Week and National Minority Health Month.
- Support smoke-free policies; visit www.QuitNowIndiana.com to learn more.
- Partner with state and local parks and recreational facilities to increase access to safe places to be outside and physically active.
- Work with local authorities to initiate violence intervention and prevention efforts.
- Reach out to health care professionals and discuss community health and prevention efforts.
- Create a local health movement. Start a healthy food co-op, organize a canning circle, gather a walking group or form a club dedicated to volunteering.

To learn more about National Public Health Week, visit www.nphw.org.

For more information about the Indiana State Department of Health, visit www.StateHealth.in.gov.

Nationwide Shortage of Tuberculin

The Centers for Disease Control and Prevention (CDC) received the following statement from Sanofi-Pasteur regarding a supply interruption for Tubersol®. Current demand on the 10 test presentation size has placed the company in a position where it perceives that it will temporarily need to allocate the test.

TUBERSOL is manufactured in 2 presentation sizes: 10 tests per presentation and 50 tests per presentation. TUBERSOL Diagnostic Antigen in the 50-test presentation is experiencing a supply interruption until late-spring 2013 due to a temporary delay in production. As a result, increased demand has limited the availability of TUBERSOL Diagnostic Antigen in the 10-test presentation. To allow us to continue to supply the market with product, we are placing allocations on customer orders which will go into effect immediately. Allocations will be based on a percentage of historical usage for customers who order an average of 10 doses or more per month, and these allocations are expected to be in effect until late-March. A follow-up communication will be sent in late-March when we expect to lift these allocations.

Indiana State Department of Health's TB Program recommends the following measures until the

shortage is resolved.

Recommendations for Responding to Tuberculin Shortages

- If available and appropriate, screen for LTBI with an Interferon Gamma Release Assay (IGRA) (T-SPOT®.TB and QuantiFERON® Gold in-tube) instead of a tuberculin skin test (TST).
- Prioritize TSTs if necessary. High priority groups include:
 - Contacts to a person with pulmonary or laryngeal TB
 - Persons who are immunocompromised
 - Evaluation of persons with symptoms suggestive of TB disease
- If necessary, defer annual screening of employees, residents, and/or inmates as part of an infection control plan until sufficient tuberculin becomes available.

Aplisol®, an alternative formulation of tuberculin, is an acceptable alternative to Tubersol® for tuberculin skin testing. It is recommended that programs that do serial testing use the same preparation of tuberculin year to year to avoid reported issues with false-positive tests associated with switching preparations. Aplisol® is a good choice for persons requiring one-time screening or for testing performed as part of a contact investigation (i.e. initial and 8-week testing) as long as Aplisol® is used for both tests. Be advised that due to anticipated increased demand, it is not clear that an adequate supply of Aplisol® will be available to meet all future need. [see reference from National TB Center at http://www.heartlandntbc.org/goi/goi_aplisol_and_tubersol.pdf]

Questions and concerns about this advisory may be addressed to Sarah Burkholder, RN, MPH, Director of the TB/Refugee Health Division at 317-233-7545 or sburkholder@isdh.in.gov.

I hope you have enjoyed Public Health Week (and my deluge of newsletters)! On behalf of all of us at the Indiana State Department of Health, thank you for your contributions to the health of Hoosiers. Health care facilities are vital components of the public health system. We recognize and thank the many health care professionals and facilities dedicated to providing quality care for their residents and patients.

Beyond providing healthcare for its residents, health care facilities are leaders in promoting and providing public health. Public Health Week is intended to remind everyone of their role in promoting public health. Good health is a community affair.

The themes of public health week provided many ideas of how health care facilities can provide leadership in promoting public health. We have heard about health care facility activities such as:

- > Having the facility nutritionist provide classes for staff, families and visitors on healthy nutrition
- > Having the facility safety team conduct a safety day for residents, families, and staff
- > Hosting a self-defense class with local law enforcement to promote awareness of personal safety
- > Providing healthy food alternatives in snacks, events, and vending machines
- > Having exercise activities for staff and visitors to encourage healthy lifestyles

Congratulations to all who have accepted the challenge of improving health and safety.

I look forward to seeing you next Tuesday at the ISDH Long Term Care Leadership Conference. Abuse and neglect is an important public health issue. We have assembled experts and resources to assist us in preventing abuse and look forward to their guidance.

Thank you for your participation in Public Health Week.

Terry Whitson
Assistant Commissioner
Indiana State Department of Health